

EXPERIENCING CHI IN EVERYDAY LIFE

Science used to say that the universe is 96% empty space. It is now known by modern physics that the empty space is not empty at all but very much alive. In fact there is more energy in the empty vacuum of space than is formed solid matter.

Ancient cultures such as the Chinese and in India have called this energy Chi/Qi or Prana and have understood the importance of this vital life force energy.

It is my aim to bring a basic knowledge of the acupuncture system to the community, bringing awareness to this new type of Holistic Medicine, which aims to bring Eastern and Western techniques together.

We are going to explore how the Chinese acupuncture system interacts with the flow of Chi throughout the body. We will also explore the basic principles of Ying/Yang, the Chinese 5 elements and how they affect our daily lives.

To achieve a first hand experience of what 'Chi' is, a series of Chi Gong exercises will be taught throughout the workshop. Chi Gong is an ancient healing art which works directly with Chi and the Acupuncture system and is very easy to use.

I will also teach the class the 5 best Acu-Points on the body to treat everyday disorders such as Stress, Anxiety, PMS, Digestion, Brain Function, Nausea, Headaches and General Pain. The attendees will be able to take home knowledge of how and when best to locate and use these points to help with everyday issues.

The workshop will run for 5 hours at Blue Spirit Yoga.
Refreshments will be provided!

9 AM SATURDAY 10TH AUGUST

BLUE SPIRIT YOGA & HEALING SPACE

18 Murray st, Leura (driveway after 100 Megalong st)

\$85 p.p / \$65 p.p student/bring a friend

Any booking or general enquiries please call Nick on 0416293374

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